

## May 2021


| Monday   | Tuesday  | Wednesday   | Thursday   | Friday  | Saturday  |
|--|--|---|--|---|---|
| <p>3. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Health &amp; Wellness<br/>1:00 – 2:00pm Peers Support Group<br/>2:15 -3:15pm Book Club<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm Recovery Group</p>        | <p>4. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:00pm Just for Today<br/>12:15 – 1:15pm Open Discussion<br/>1:30 – 2:45pm Support Group<br/>5:00 – 6:00pm Health &amp; Wellness</p>               | <p>5. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Educational Group<br/>1:00 – 2:15pm Vision Team Meeting<br/>2:30 – 3:30pm Support Group<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm Open Discussion</p>     | <p>6. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:00pm Just for Today<br/>12:15 – 1:15pm Open Discussion<br/>1:30 – 2:45pm Support Group<br/>5:00 – 6:00pm Recovery Group</p>        | <p>7. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Self Esteem<br/>1:00 – 2:15pm Woman's Group<br/>2:30 – 3:30pm Men' Group<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm Open Discussion</p>                              | <p>8. 12:00p - 1:00p Virtual Groups Via Zoom<br/>Meditation of the Day<br/>5:00 – 6:00pm Recovery Group</p>   |
| <p>10. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Just for Today<br/>1:00 – 2:00pm Peers Support Group<br/>2:15 -3:15pm Recovery Group<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm Building a Network</p>     | <p>11. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:00pm Meditation of the Day<br/>12:15 – 1:15pm Recovery Group<br/>1:30 – 2:45pm Support Group<br/>5:00 – 6:00pm Health &amp; Wellness</p>        | <p>12. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Financial Literacy<br/>1:00 – 2:15pm Educational Group<br/>2:30 – 3:30pm Life Skills<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm Recovery is a Process</p> | <p>13. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:00pm Meditation of the Day<br/>12:15– 1:15pm Open Discussion<br/>1:30 – 2:45pm Support Group<br/>5:00 – 6:00pm Recovery Group</p> | <p>14. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Just for Today<br/>1:00 – 2:00pm Prep &amp; HIV Testing Seminar<br/>2:15 – 3:15pm Recovery Group<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm Triggers to Relapse</p> | <p>15. Mc Carren Park Trip<br/>11:00am to 3:00pm<br/>769 Lorimer St.<br/>Bklyn, NY 11222</p>                  |
| <p>17. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Meditation of the Day<br/>1:00 – 2:00pm Peers Support Group<br/>2:15 -3:15pm Recovery Group<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm Open Discussion</p> | <p>18. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:00pm Meditation of the Day<br/>12:15 – 1:15pm Recovery Group<br/>1:30 – 2:45pm Open Discussion Group<br/>5:00 – 6:00pm Recovery and Relapse</p> | <p>19. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Educational Group<br/>1:00 – 2:00pm Life Skills<br/>2:15 – 3:15pm Support Group<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm Stress Management</p>          | <p>20. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:00pm Meditation of the Day<br/>12:15 – 1:15pm Recovery Group<br/>1:30 – 2:45pm Support Group<br/>5:00p-6:00pm Fear of Falling</p> | <p>21. 10:00 – 11:00am Morning Chat<br/>11:00am – 12:15pm Financial Workshop<br/>1:00 – 2:15pm Woman's Group<br/>2:00 – 6:00pm Men' Group<br/>Spring Fling Dance</p>  | <p>22. 12:00p - 1:00p Virtual Groups Via Zoom<br/>Meditation of the Day<br/>5:00 – 6:00pm Open Discussion</p> |

# EXPONENTS

Improving health. Igniting hope.

Judith Loeb Chiara  
Recovery & Wellness Center

## May 2021

| Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  |
|--|--|--|--|--|---|
| <p>24. 10:00 – 11:00am<br/>Morning Chat<br/>11:00am – 12:15pm<br/>Meditation of the Day<br/>1:00 – 2:00pm Peers<br/>Support Group<br/>2:15 -3:15pm<br/>Book Club<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm<br/>Now What</p> | <p>25. 10:00 – 11:00am<br/>Morning Chat<br/>11:00am – 12:00pm<br/>Meditation of the Day<br/>12:15 – 1:15pm<br/>Recovery Group<br/>1:30 – 2:45pm<br/>Support Group<br/>5:00 – 6:00pm<br/>What is the NA<br/>Program</p> | <p>26. 10:00 – 11:00am<br/>Morning Chat<br/>11:00am – 12:15pm<br/>Educational Group<br/>1:00 – 2:00pm<br/>Life Skills<br/>2:15 – 3:15pm<br/>Support Group<br/>3:30p – Computer Lab<br/>5:00p-6:00pm<br/>Family Matters</p> | <p>27. 10:00 – 11:00am<br/>Morning Chat<br/>11:00am – 12:00pm<br/>Meditation of the Day<br/>12:15– 1:15pm<br/>Open Discussion<br/>1:30 – 2:45pm<br/>Support Group<br/>5:00 – 6:00pm<br/>Recovery Group</p> | <p>28. 10:00 – 11:00am<br/>Morning Chat<br/>11:00am – 12:15pm<br/>Setting Goals<br/>1:00 – 2:15pm<br/>Recovery Group<br/>2:30 – 3:30pm<br/>Spirituality Group<br/>3:30p – Computer Lab<br/>5:00 – 6:00pm<br/>Open Discussion</p> | <p>29. 12:00p – 1:00p<br/>Via Zoom<br/>Virtual Groups<br/>Open Discussion<br/>5:00 – 6:00pm<br/>Support Group</p> |
| <p>31. Closed</p>    |  |  |  |  |   |



- One on One Recovery Coaching Also Available!
- For more information you can call: 212 -243 - 3434 ext. 425 or You can also follow us on Facebook & Twitter.
- If you want to talk someone about any challenges related to Drugs or Alcohol give us a call at 917-681-8531 confidential discreet 24hrs/7 days a week.
- Virtual Groups via Zoom Monday thru Saturday 12:00pm and 5:00pm (more information call 917-681-8531)